



News Release

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H1N1 (swine flu) vaccine available to all groups in many areas

Vaccination encouraged, especially for high-risk people

OLYMPIA — The H1N1 (swine flu) vaccine is widely available to anyone who wants it in most Washington communities. As vaccine supply grows and demand among high-risk people slows the vaccine can be offered to everyone. High-risk people who haven't been vaccinated are especially urged to get the H1N1 flu shot.

"The best gift you can give yourself and your family this holiday season is your health," says Secretary of Health Mary Selecky. "Now that H1N1 vaccine supplies are opening around the state, it just makes sense for everyone to get it as soon as they can. The best way to protect yourself and those you care about is to get vaccinated."

More than 1.5 million doses of H1N1 vaccine have been shipped to Washington. It's being ordered and shipped daily. People should check with their health care provider about getting vaccinated. Retail pharmacies, grocery stores, and [local health agencies](#) (www.doh.wa.gov/LHJMap/LHJMap.htm) may also have vaccine.

Though flu activity has slowed in recent weeks, it's still higher than normal for this time of year. And it could easily make a comeback after the holidays when flu season typically peaks. Over the next few weeks, people across the country will be traveling, spending time with family, and sending kids back to school. The 2010 Winter Olympics will also take place in our neck of the woods — drawing an international crowd.

The agency's [H1N1 \(swine flu\) Web site](#) (www.doh.wa.gov/h1n1/) has vaccine information, and tips on how schools, businesses, and families can avoid getting sick. Secretary Selecky's videos are on the [H1N1 Newsroom Web site](#) (http://www.doh.wa.gov/h1n1/h1n1_newsroom.htm).

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Visit the Washington Department of Health Web site at <http://www.doh.wa.gov> for a healthy dose of information.